

This is the entire comment #104 that was submitted by Eldon Askew. Four references are included:

It would be appropriate for the panel to take a closer look at the recommendations for water intake for the elderly. Currently, the guidelines for this at risk group is basically to drink to "thirst".

"Thirst" may not be a reliable trigger for some elderly to stay in good hydration status. For example, we wouldn't recommend "consuming Vitamin A until you can see clearly" Please refer to :

de Castro, JM. Age-related changes in natural spontaneous fluid ingestion and thirst in humans. J Gerontol. 1992;47:P321-30.

Beck, LH. The aging kidney. Defending a delicate balance of fluid and electrolytes. Geriatrics. 2000;55:26-31.

Stout, NR; Kenny, RA; Baylis, PH. A review of water balance in ageing in health and disease. Gerontology. 1999;45:61-6.

Feinsod FM, Levenson SA, Rapp K, Rapp MP, Beechinor E, Liebmann L. Dehydration in frail, older residents in long-term care facilities. J Am Med Dir Assoc. 2004 Mar-Apr;5(2 Suppl):S35-41.